



14. Kristall-Marathon

Merkers / 16.02.2020

Detailed evaluation

Gärtner, Frank

Club: Schmitt

Number: 351

Course: 22.75 km

Halbmarathon

Category:

Senioren M40 (40-44 Jahre)

Total time: 2:01:29

Speed: 11.24 km/h

Running performance: 5:20 min/km

Rank in course/Total: 62 (of 244)

Rank in course/Men: 52 (of 177)

Best time in course: 1:31:43

Rank in category: 3(of 23)

Best time in the category: 1:53:31

Intermediate times

Stage score

Total ranking

Control	Intermediate times					Stage score			Total ranking					
	Split km	Split Time	Split min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men	Total km	Total Time	Total min/km	Pos Cat.	Behind Cat.	Pos Men	Behind Men
Lap 1	3.25	17:10	5:16	5	3:22	72	5:12	3.25	17:10	5:16	5	3:22	72	5:12
Lap 2	3.25	17:22	5:20	7	3:18	78	4:47	6.50	34:32	5:18	8	6:40	80	9:59
Lap 3	3.25	17:35	5:24	6	2:38	71	4:51	9.75	52:07	5:20	6	9:18	78	14:22
Lap 4	3.25	17:37	5:25	4	1:46	57	4:24	13.00	1:09:44	5:21	4	11:04	69	18:33
Lap 5	3.25	17:19	5:19	4	0:32	46	4:03	16.25	1:27:03	5:21	3	11:08	63	22:06
Lap 6	3.25	17:39	5:25	2	0:34	44	4:18	19.50	1:44:42	5:22	3	10:04	58	26:00
Last lap Finish	3.25	16:47	5:09	2	0:18	36	3:59	22.75	2:01:29	5:20	3	7:58	52	29:46